

Vegetable Snake

Prep time: 5 minutes

Makes: 2 Servings

Ingredients

- 1 cucumber, small
- 1 tomato, small (or 2 grape tomatoes)

Directions

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Put cucumber slices (see notes) on a small plate to form a snake.
4. Add 2 slices of tomatoes for eyes.
5. Enjoy your Vegetable Snake.

Notes

Adults: Use a sharp knife to slice the cucumber and tomato into thin slices crosswise.

Chickasaw Nation Get Fresh! Nutrition Education Program.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 20 | |
| Total Fat | 0 g | 0% |
| Protein | 1 g | |
| Carbohydrates | 4 g | 1% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 0 g | 0% |
| Sodium | 4 mg | 0% |

MyPlate Food Groups

| | |
|------------|-------|
| Vegetables | 1 cup |
|------------|-------|